

In partnership with

MACMILLAN
CANCER SUPPORT

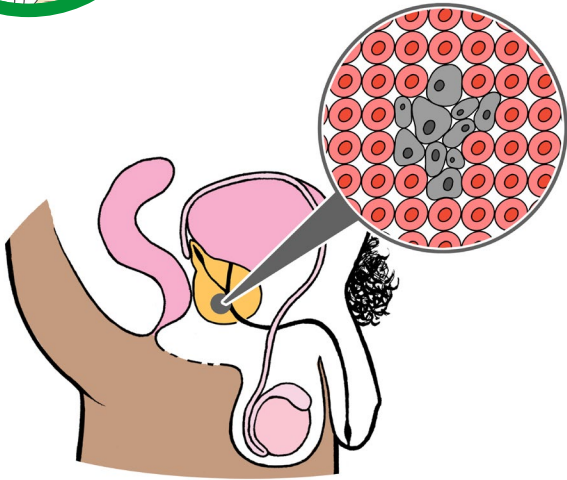
easy
read

Prostate cancer





About this easy read booklet



This booklet is about prostate cancer.



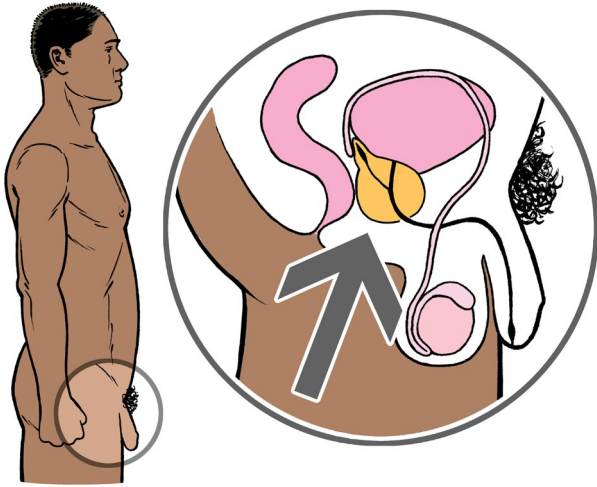
You can learn about what prostate cancer is and how it is treated.



If you are worried about your health, you should talk to a doctor or nurse.



The prostate

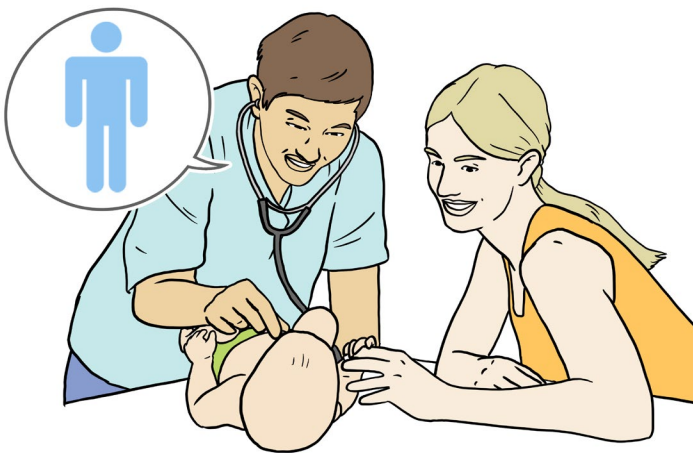


The prostate is inside your body, next to your **bladder**.

Your **bladder** is where your pee is stored.



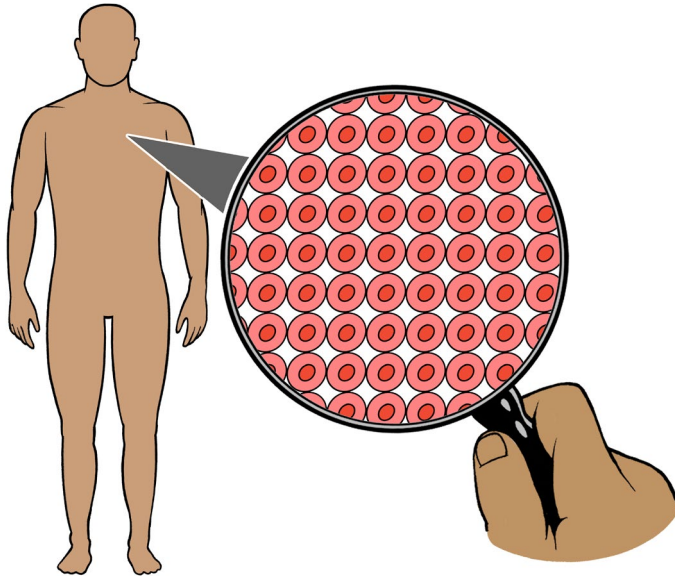
The prostate makes **semen**. This is the liquid that comes out of your penis when you have sex or masturbate.



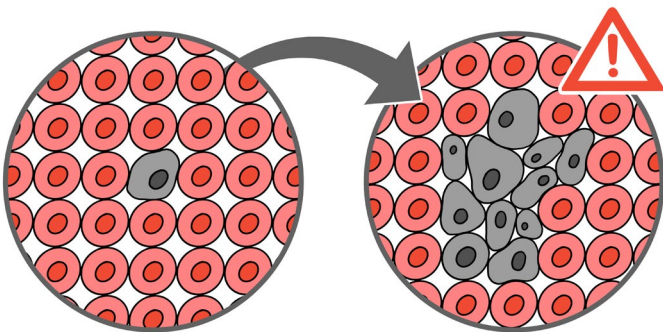
People who have a prostate include men, transgender women and people **assigned male at birth**. This means that when they were born the doctor said they were male.



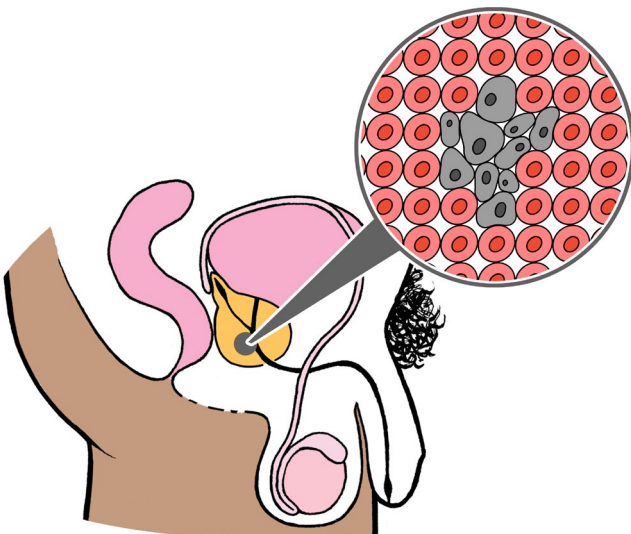
Prostate cancer



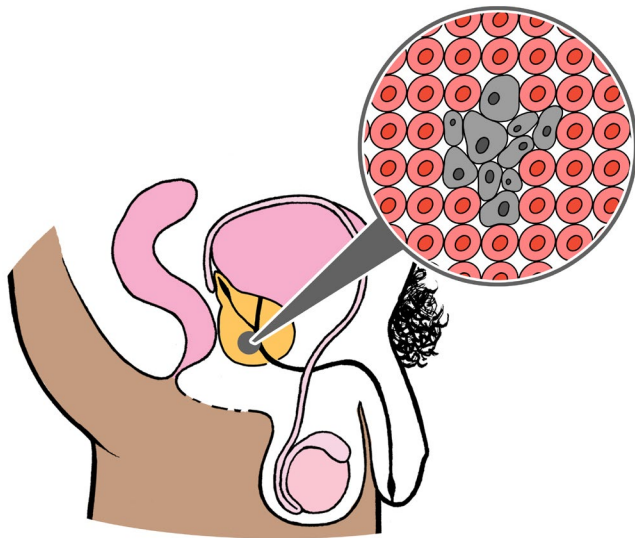
Your body is made of tiny pieces called **cells**.



Sometimes these cells go wrong. They can grow into a lump called a **tumour**.



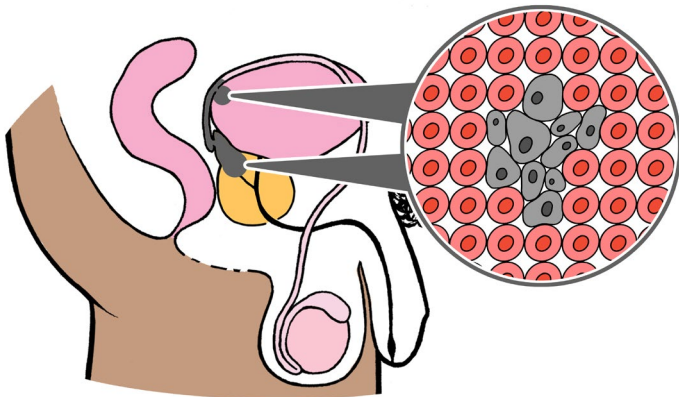
When you have a tumour in your prostate, it could be cancer.



There are different types of prostate cancer:

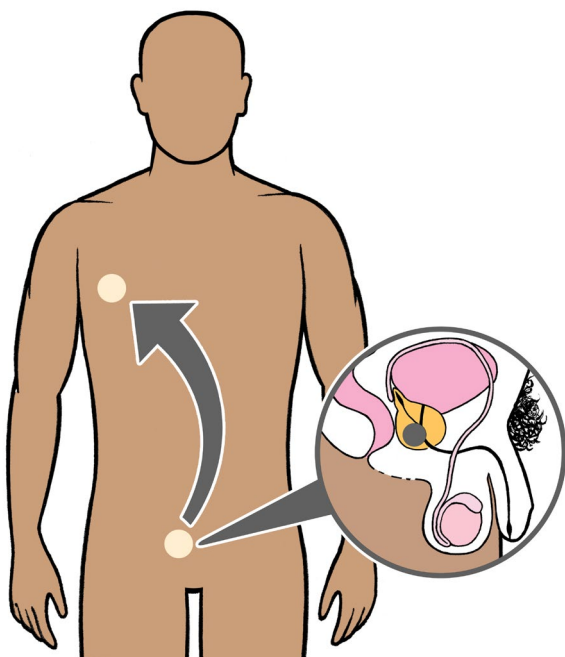
- **Early prostate cancer**

This is when the cancer is only in the prostate.



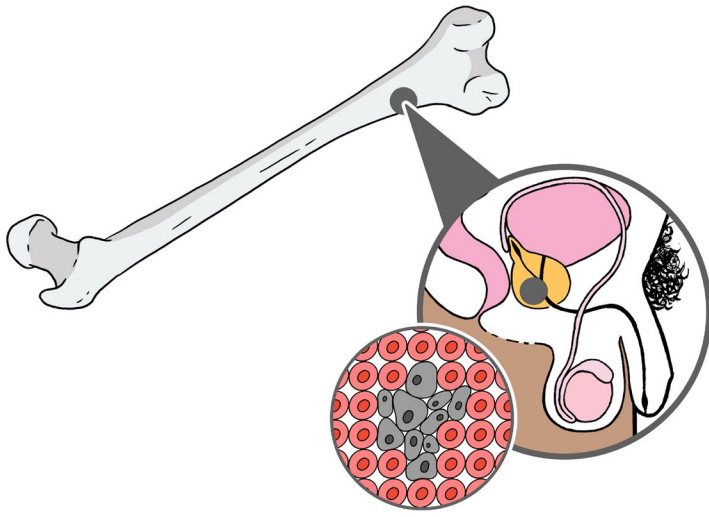
- **Locally advanced prostate cancer**

This is when the cancer has spread outside of the prostate. It may have spread to areas close by.



- **Advanced prostate cancer**

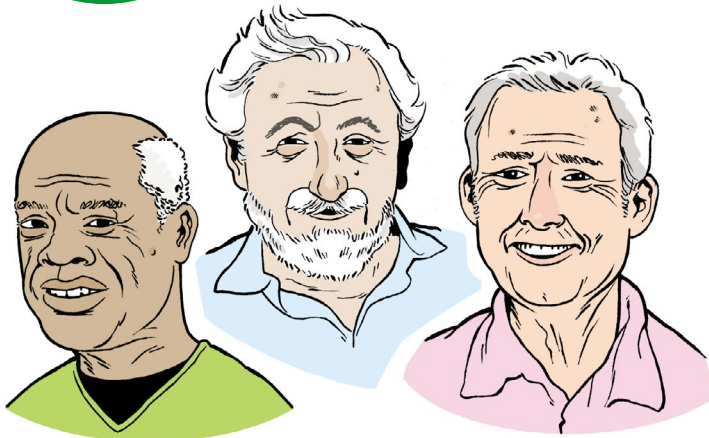
This is when cancer has spread to other parts of the body like the bones.



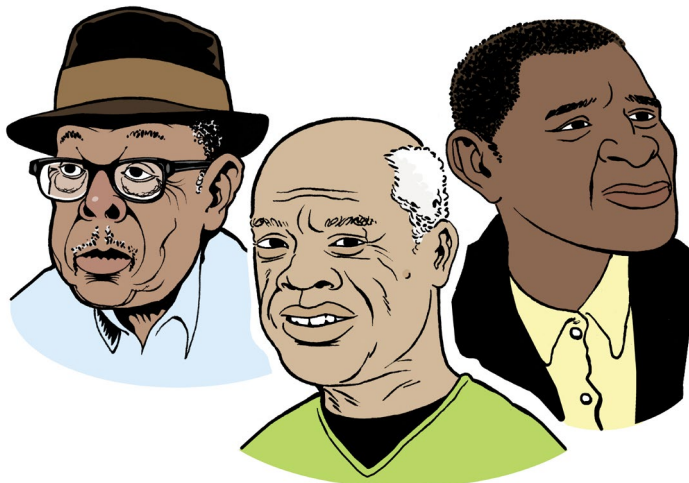
Even if it has spread to another part of the body, it is still prostate cancer.



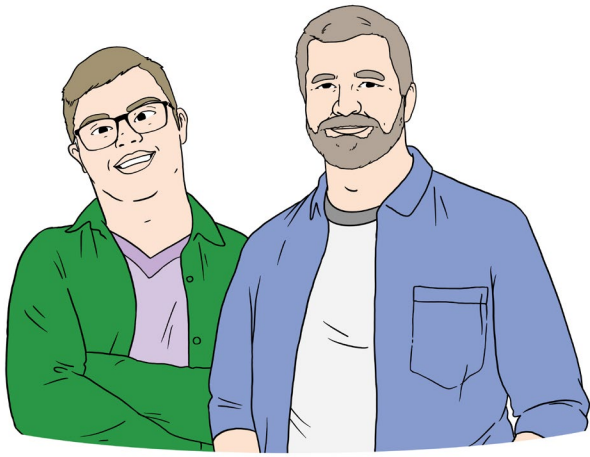
Risks of prostate cancer



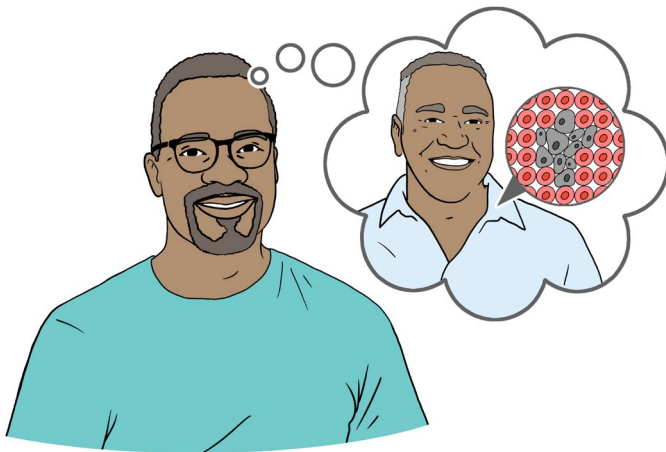
Prostate cancer is more likely to affect people over 50. It is more common in people over 75.



Black men are more likely to get prostate cancer. Black men are more likely to get prostate cancer at a younger age.

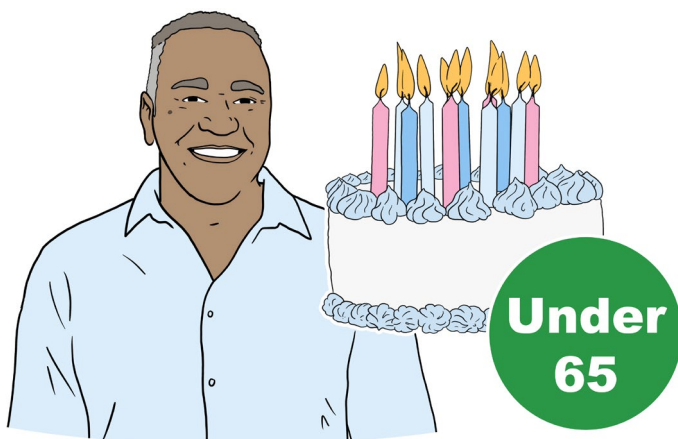


Prostate cancer is more common in some families.

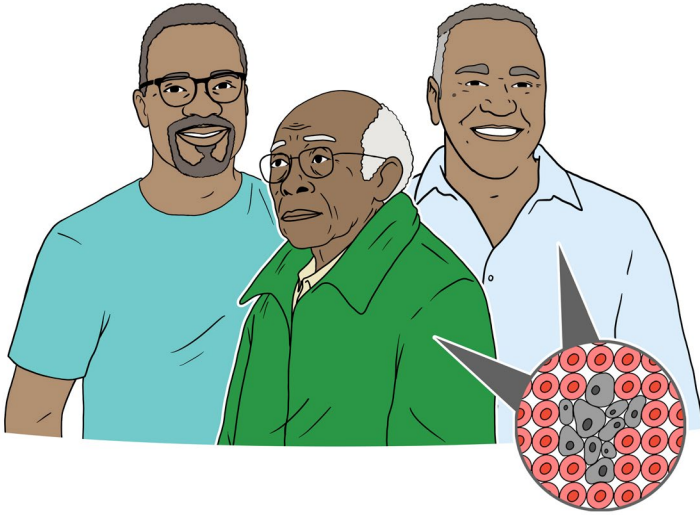


The risk of prostate cancer is higher if you have:

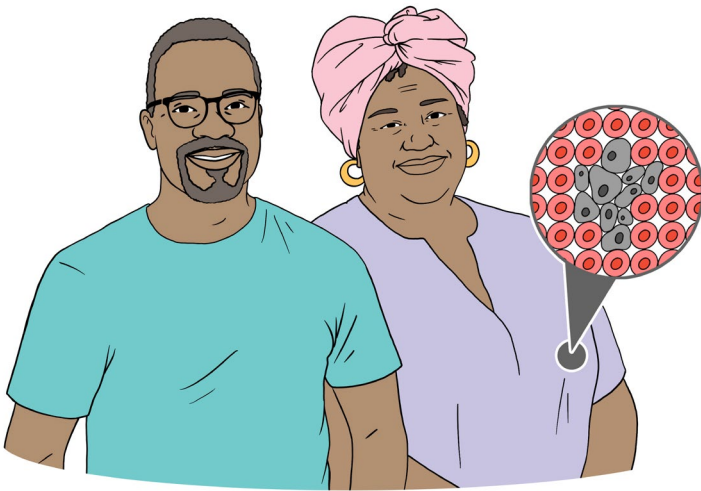
- a close family member who has had prostate cancer.



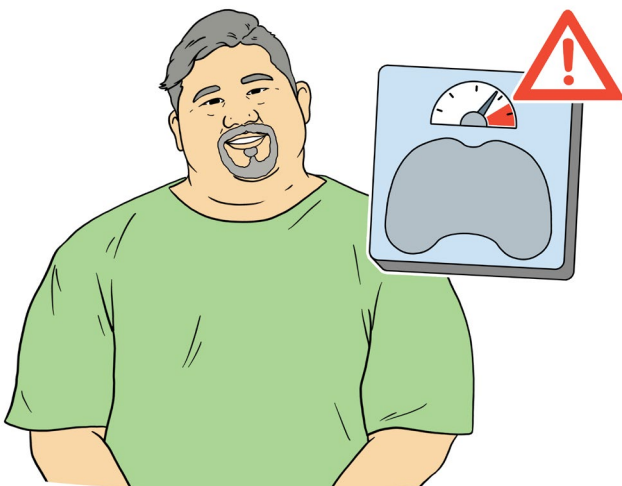
Especially if they were younger than 65 when they got it.



- 2 or more **first degree relatives** with a history of prostate cancer.
A **first degree relative** is your father or brother.



- A family history of breast or ovarian cancer.



Being overweight can also make you more likely to get advanced prostate cancer.



You can learn about living a healthy life in our other Macmillan booklets.

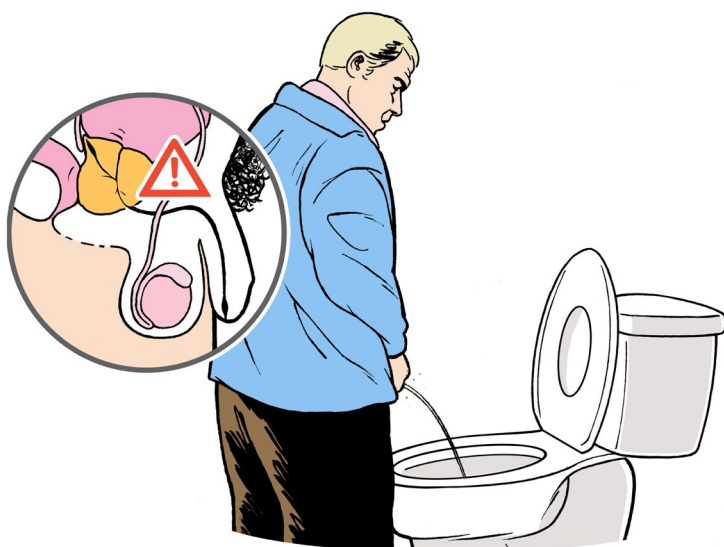
See page 32.



Signs and symptoms



Symptoms are signs in your body that tell you something is wrong, like feeling tired all the time.



If the prostate gets bigger it can press on the tube you pee through.



When this happens you can get symptoms such as:

- needing to pee more often, mainly at night



- finding it hard to start or stop peeing



- pee coming out before you can get to the toilet.



These symptoms can be caused by prostate cancer or other things. You should get them checked by your doctor.



Tests for prostate cancer

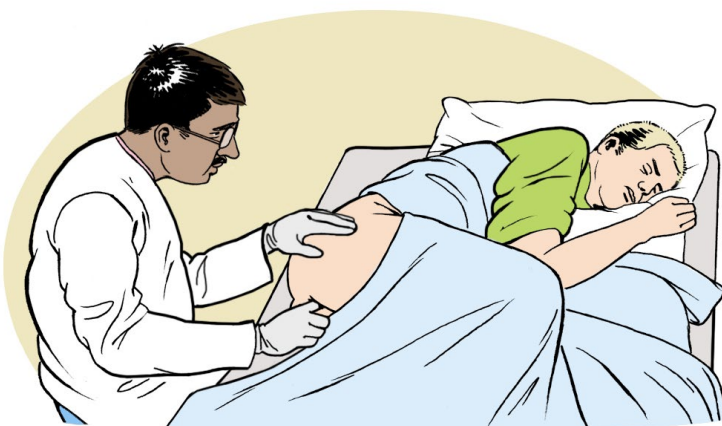


Your doctor may do tests to check for prostate cancer.

The tests may be:

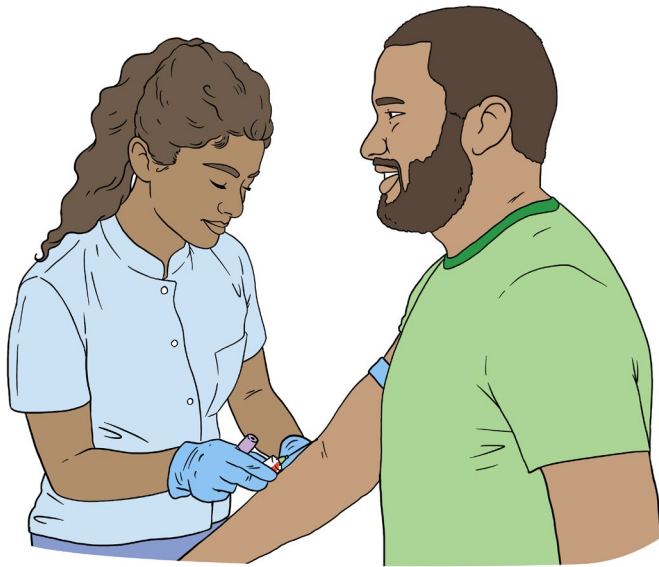
- **Digital rectal examination (DRE)**

The doctor will put their finger into your bottom to feel the prostate.





If you feel worried about this, tell the doctor. There are other tests they can do.

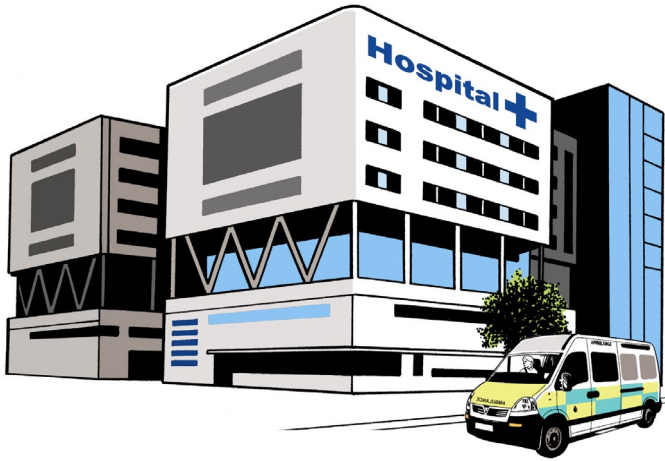


- **Blood test**

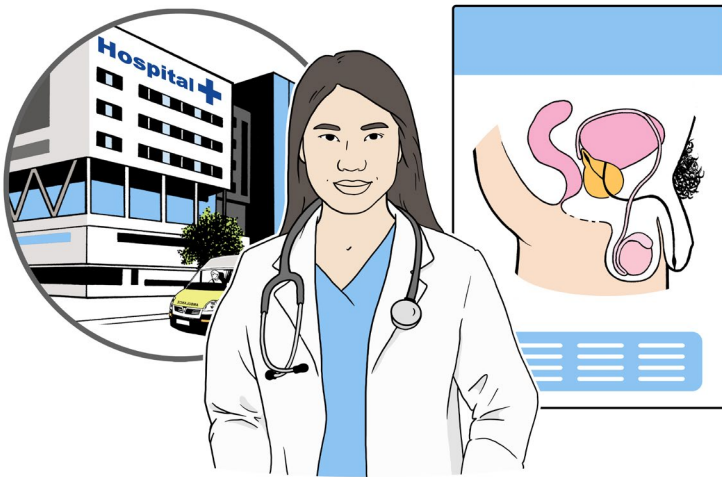
The doctor will take some of your blood. They will test it for a protein that your prostate makes called **prostate specific antigen (PSA)**.



Having a raised PSA does not mean you have prostate cancer, but it does mean you need to be checked.



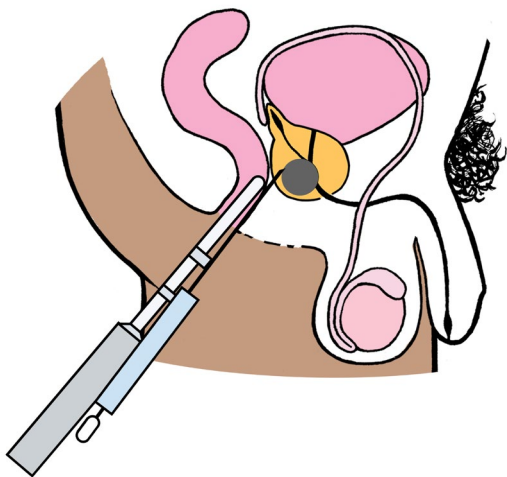
If the doctor thinks you need more tests, they might send you to the hospital.



At the hospital, you will see a specialist doctor called a **urologist**.



They might send you for an **MRI scan**. This is a way of taking photos of the inside of the body. There is a special type of MRI scan that looks closely at the prostate.



If the scan shows that you might have prostate cancer, you might have another test called a **prostate biopsy**.



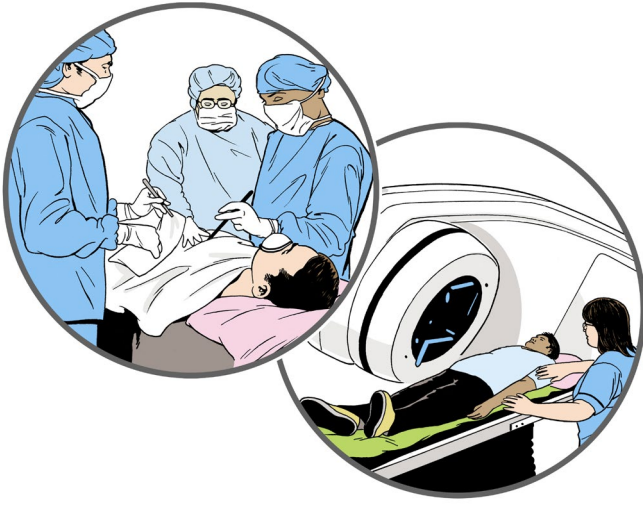
This is where the doctor takes a sample from your prostate to be tested for cancer cells.



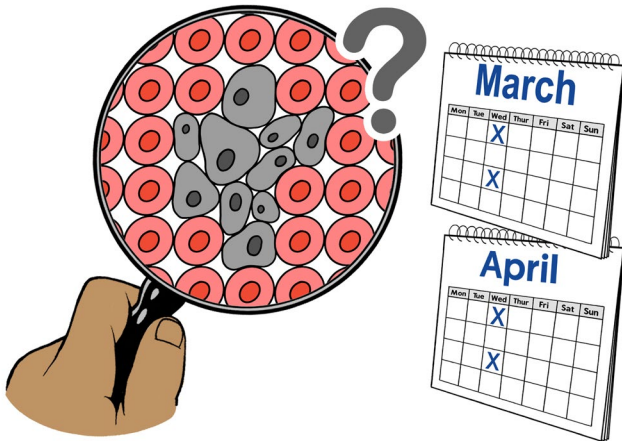
You can learn more about tests from other Macmillan booklets.
See page 31.



Treatment for prostate cancer

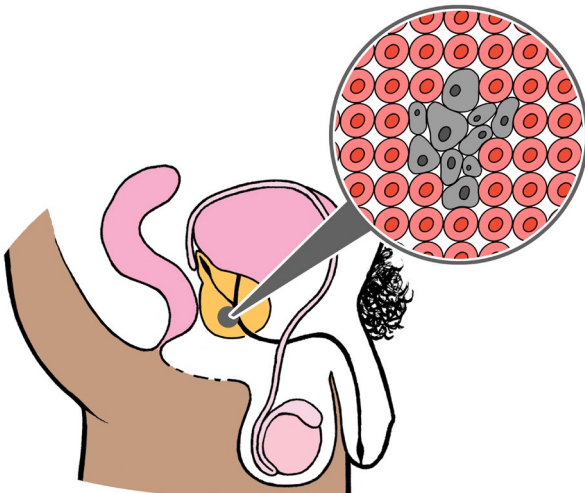


There are different treatments for prostate cancer. It depends on what type of prostate cancer you have.



Active surveillance

This is when your doctors do regular PSA tests and MRI scans to see if the cancer is growing.



Active surveillance can be used for early prostate cancer.

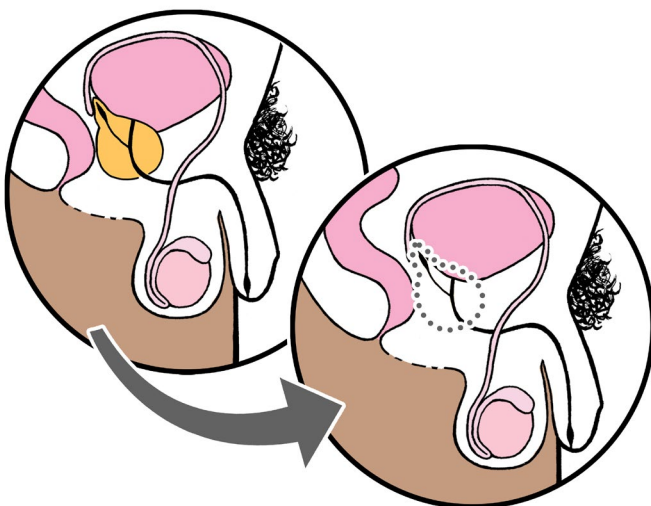


If the cancer starts to grow more quickly, your doctors might talk to you about having surgery or radiotherapy.

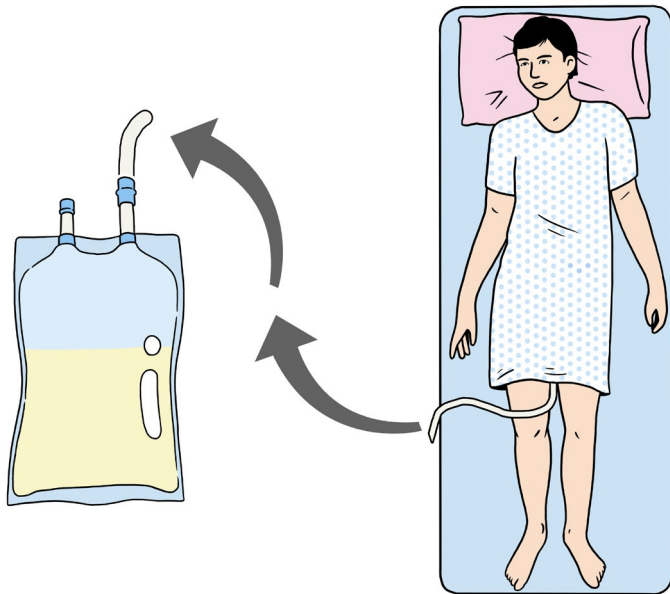


Surgery

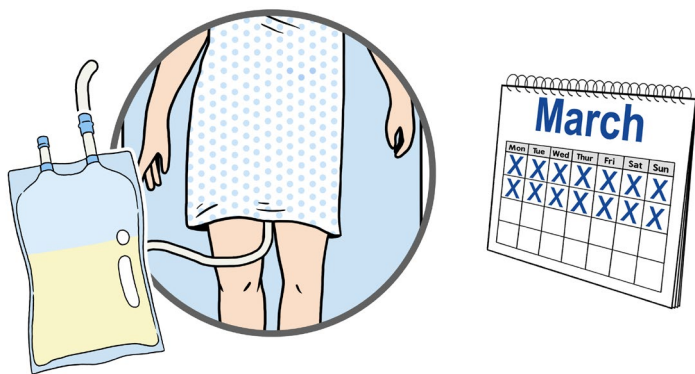
This is when a doctor removes, replaces or fixes something inside your body. It can also be called an operation.



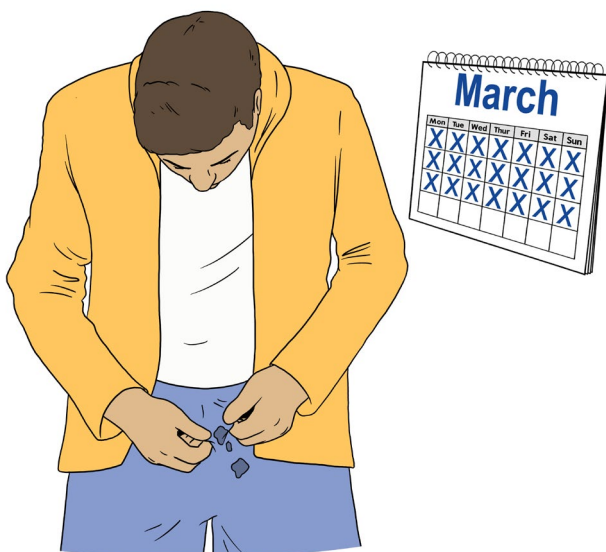
Some people have surgery to remove the prostate. This is done to treat early and locally advanced prostate cancer.



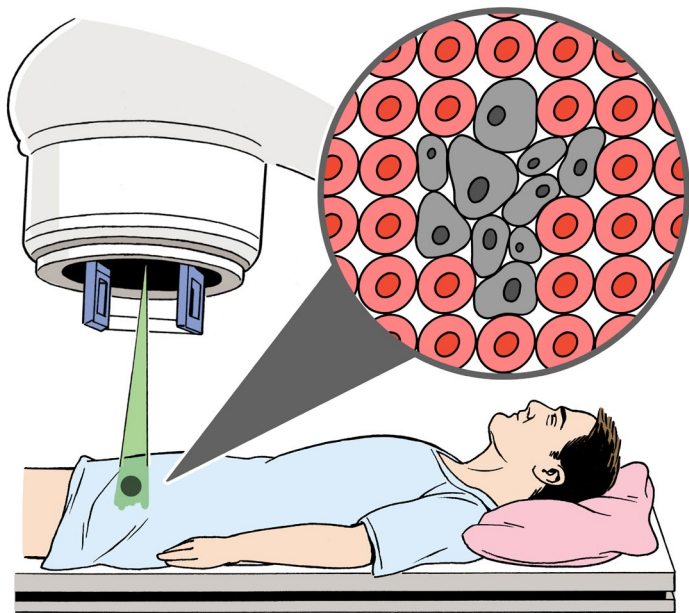
After surgery you will have a tube coming out from where you pee. This is called a **catheter**. Your pee comes down this tube into a bag. This means you can pee without going to the toilet.



You will have the catheter for 1 or 2 weeks while your body heals.

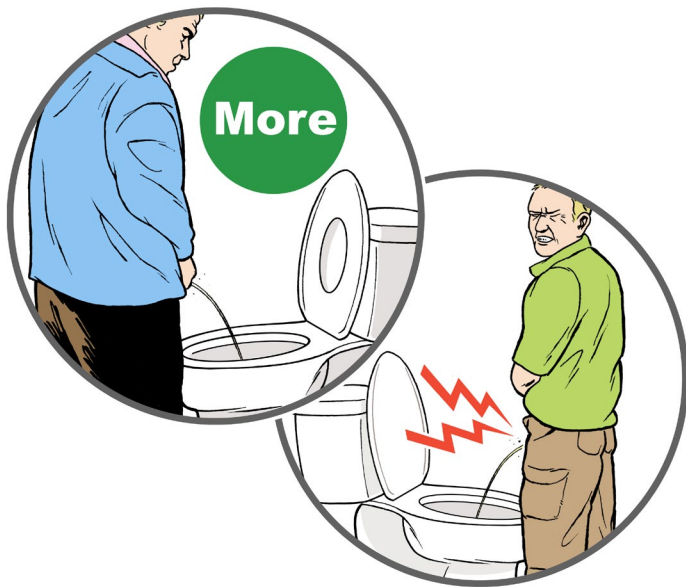


You can sometimes leak pee for a while after the catheter is taken out. This usually gets better in a few weeks or months.



Radiotherapy

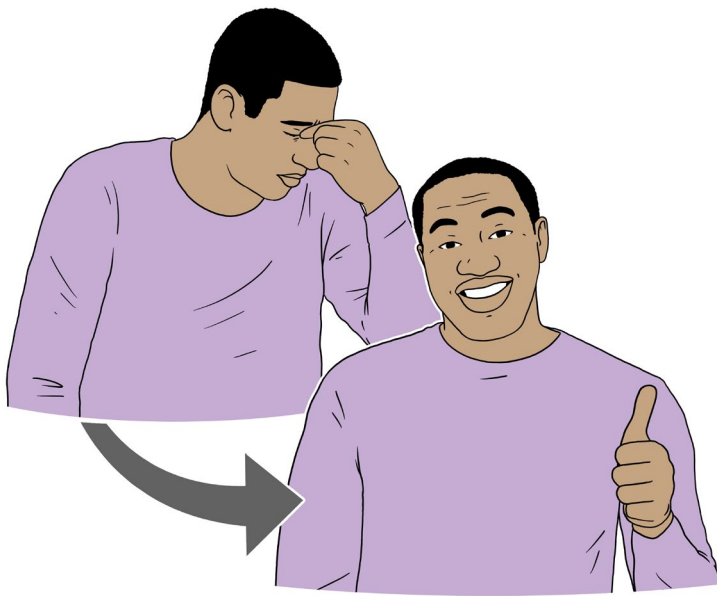
This uses high energy x-rays to treat cancer. It is used to treat early and locally advanced prostate cancer.



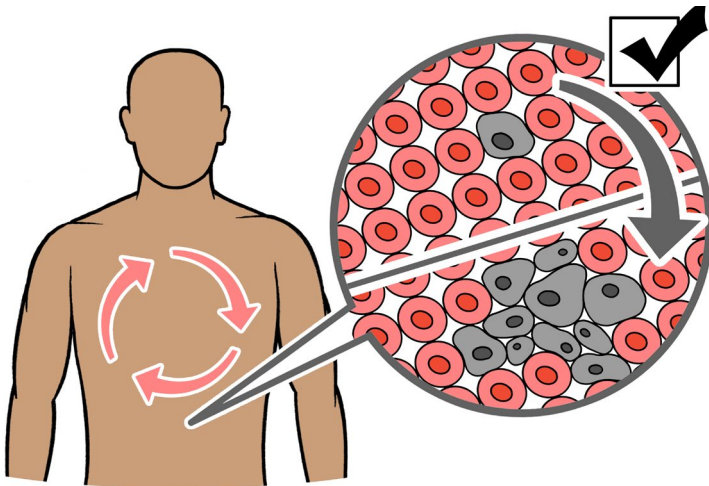
Radiotherapy can cause unwanted effects called **side effects**. It can affect your bladder and you may need to pee more often or it may hurt when you pee.



It can also affect your bowels so that you are pooing more often.

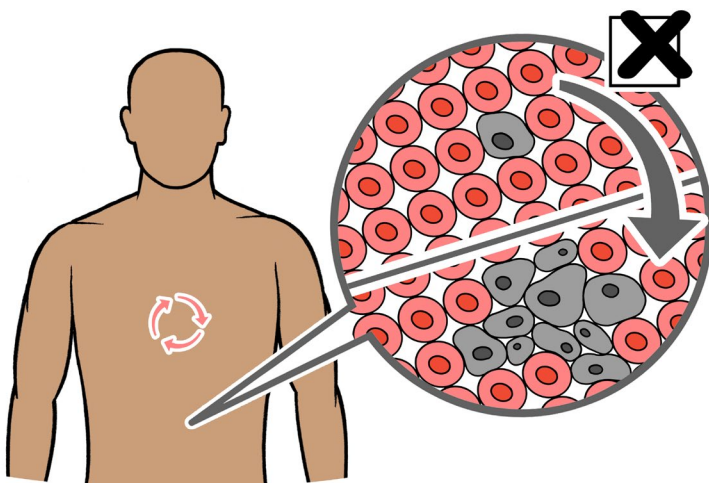


These side effects usually start during treatment and get better when it finishes.

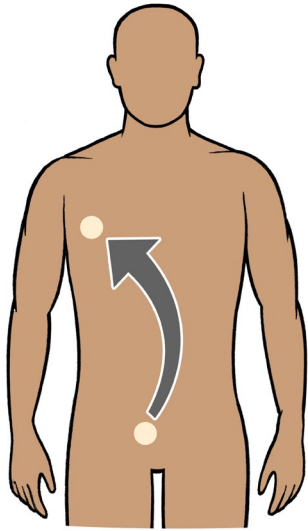


Hormonal therapy

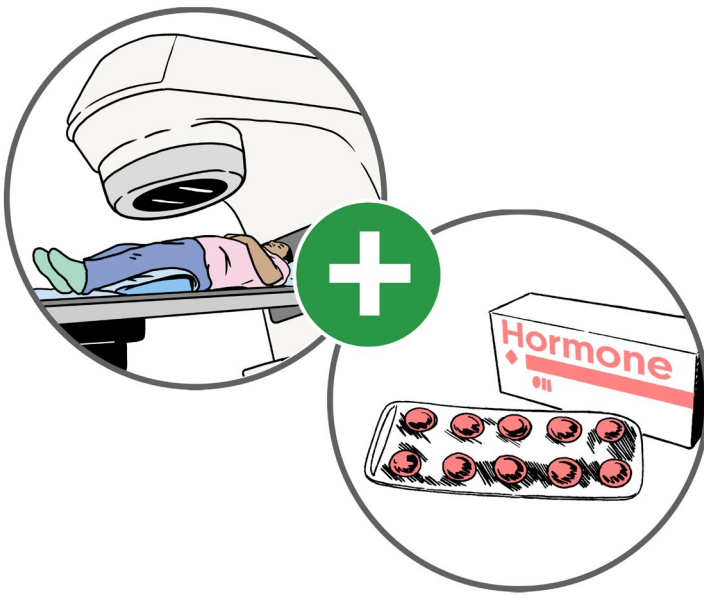
Prostate cancer needs a hormone called **testosterone** to grow.



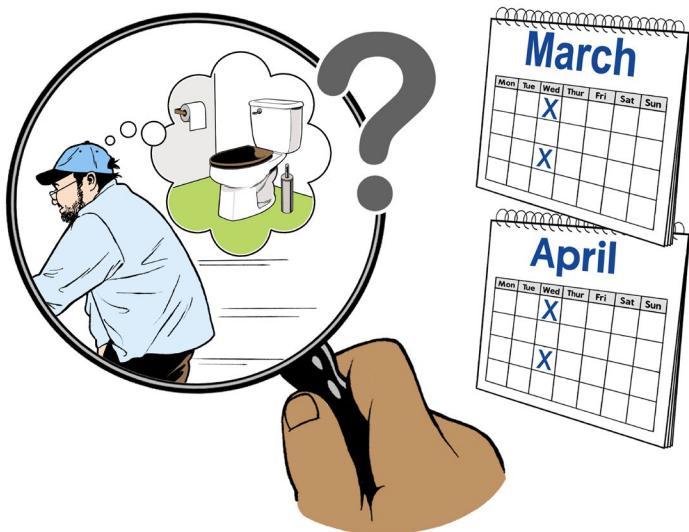
Some types of hormonal therapy lower the amount of testosterone your body makes.



It is used to treat advanced prostate cancer.

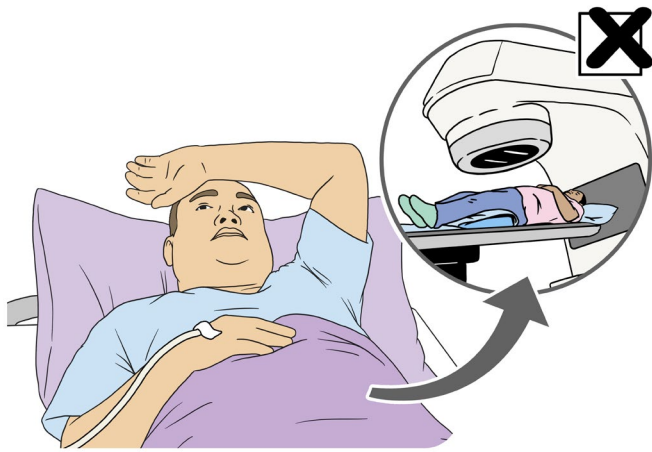


Some people have hormonal therapy with radiotherapy.



Watch and wait

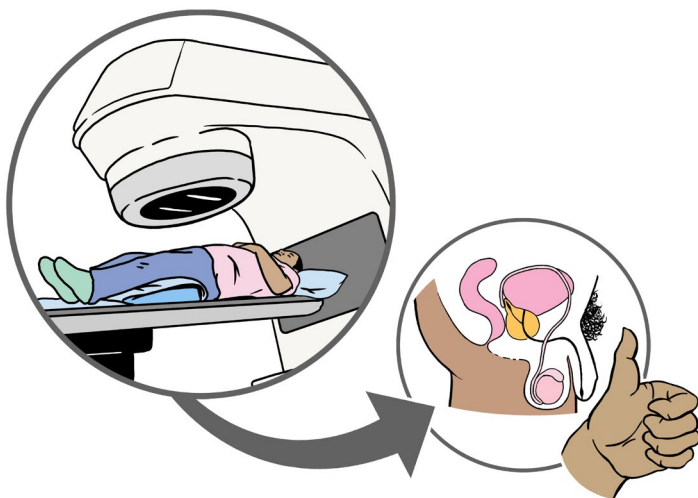
This means your healthcare team **monitor** the cancer. This means they will regularly check to see if the cancer has grown or if you have any symptoms.



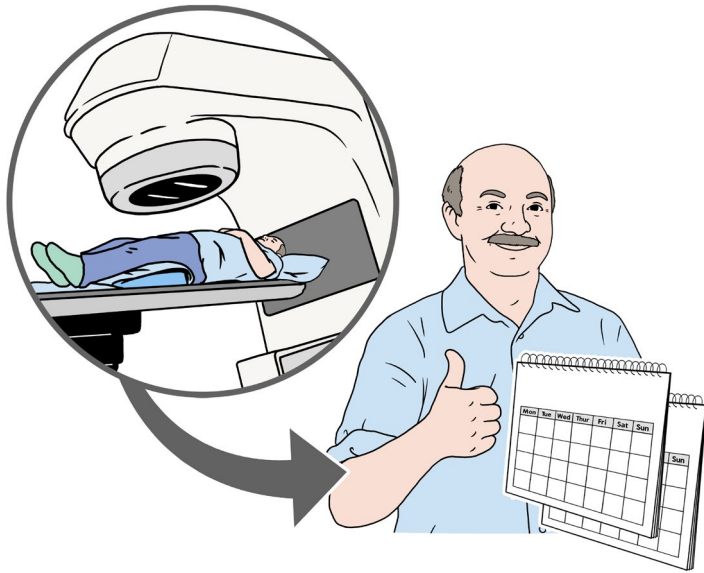
You may have this if you are not well enough to have radiotherapy or surgery.



If the cancer starts to grow or cause symptoms, your cancer team might suggest hormonal therapy. This will not cure the cancer but may control it for many years.



Sometimes treatment can get rid of the prostate cancer.



Sometimes treatment will not get rid of the prostate cancer but will help you live longer.



You may be offered other treatments. Talk to your cancer team about other treatments.



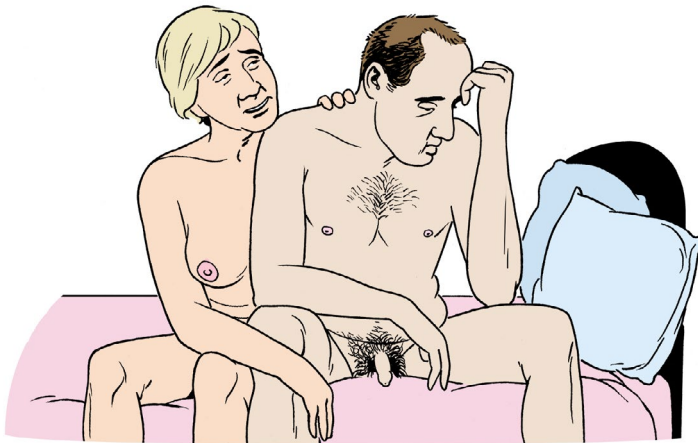
Before you have treatment, your doctor must make sure you understand why you are having the treatment. And that you feel OK to have the treatment.



Side effects of treatment



Treatment for prostate cancer can have **side effects**, these are unwanted effects like feeling sick. The side effects depend on the type of treatment.



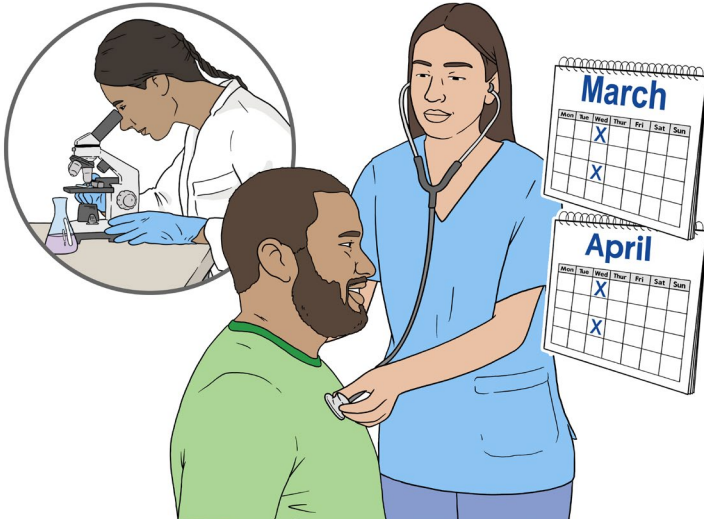
Some treatments can affect your sex life. If you have a penis you might find it difficult to get or keep an erection.



Always tell your cancer team if you have side effects.



After treatment



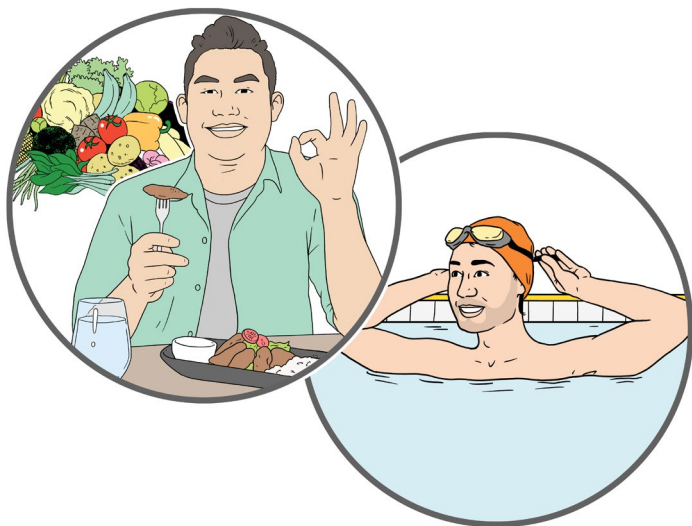
After your treatment has finished, you will have check ups and tests. At first you will have check ups and tests often.



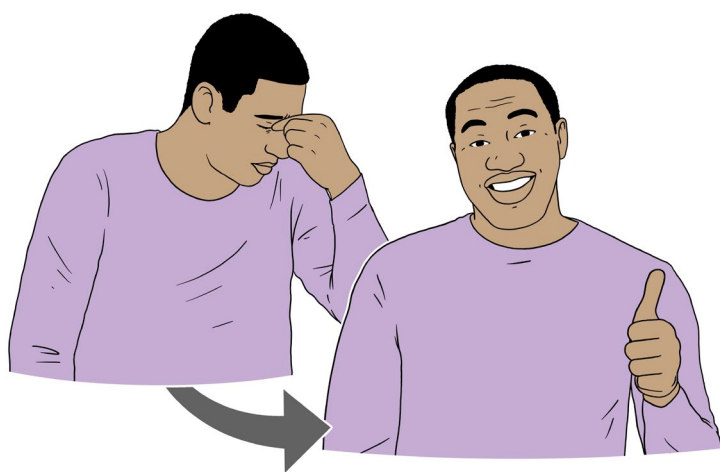
The check ups might be at the hospital or they might be on the phone.



If you are worried or have questions, you can speak to your cancer team.



After treatment, you might want to make some changes to your life such as eating healthy food and keeping active.



Making healthy changes can help you recover and help with any side effects from treatment.



Your feelings



You might have lots of feelings when you have prostate cancer. It is normal to have different feelings. You might feel worried, sad, or angry.



It is important to talk to someone about how you feel. They can help you get the support you need.



Macmillan's easy read booklet called **Talking about cancer and your feelings** might help you to talk about your feelings. **See page 32.**



How Macmillan can help you



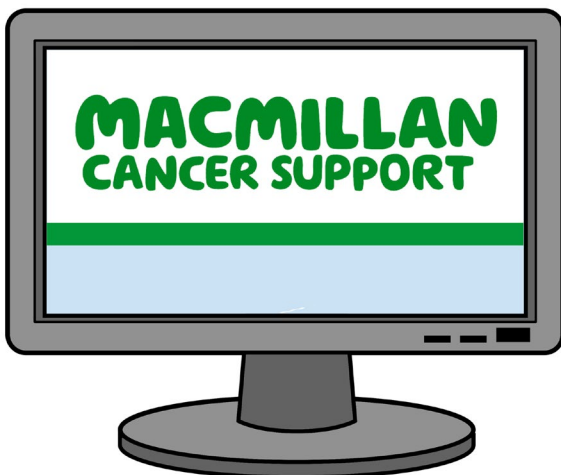
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

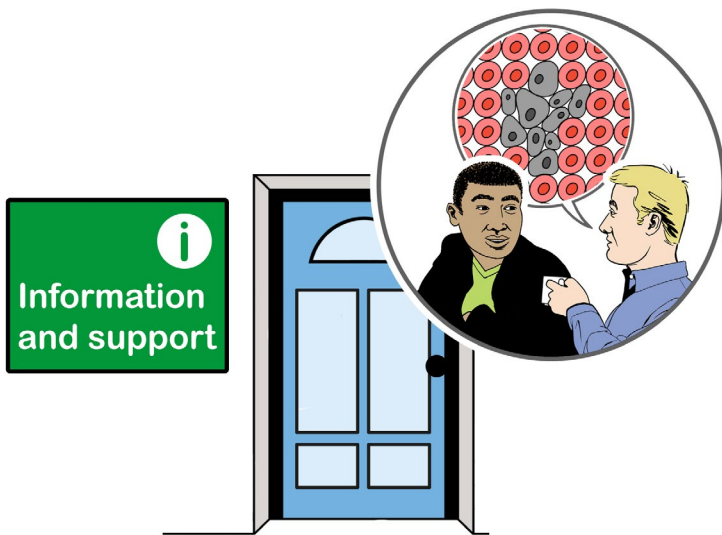


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



Local support groups

Find a group near you at

[macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



Macmillan Online Community

You can talk to other people in similar situations at

[macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

orders.macmillan.org.uk



Videos

You can watch videos about cancer at

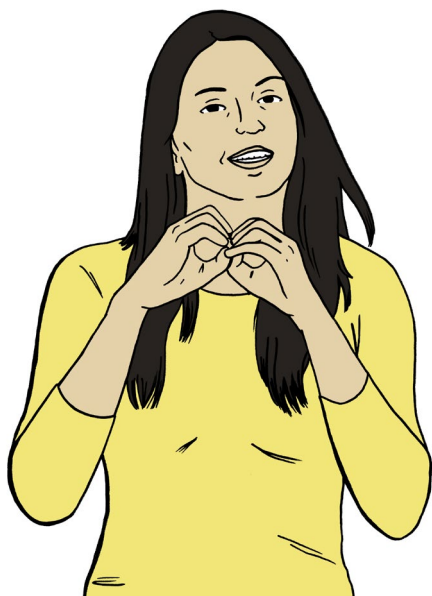
macmillan.org.uk/videos



Audio

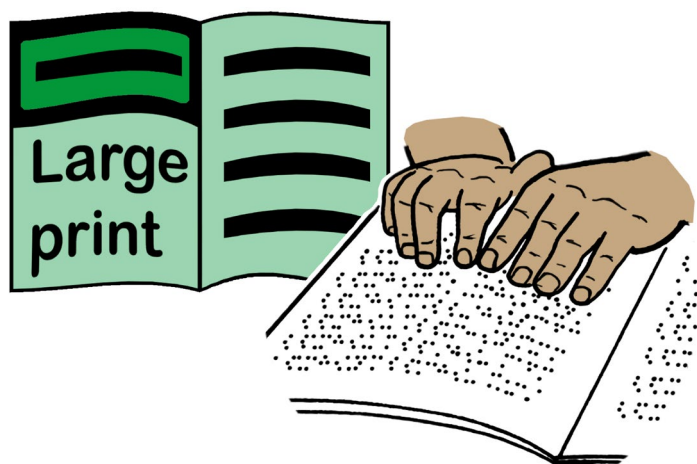
You can listen to information about cancer from

macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



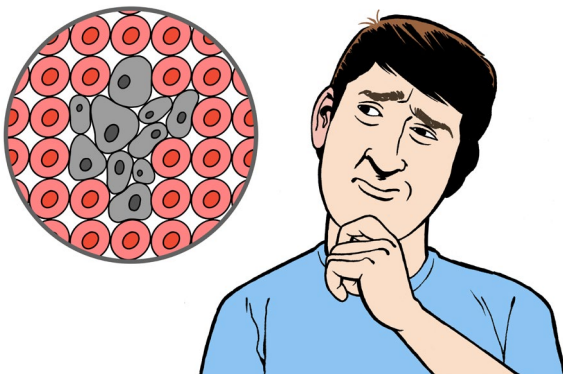
Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



About cancer

- Bowel cancer
- Lung cancer
- Prostate cancer
- What is cancer?



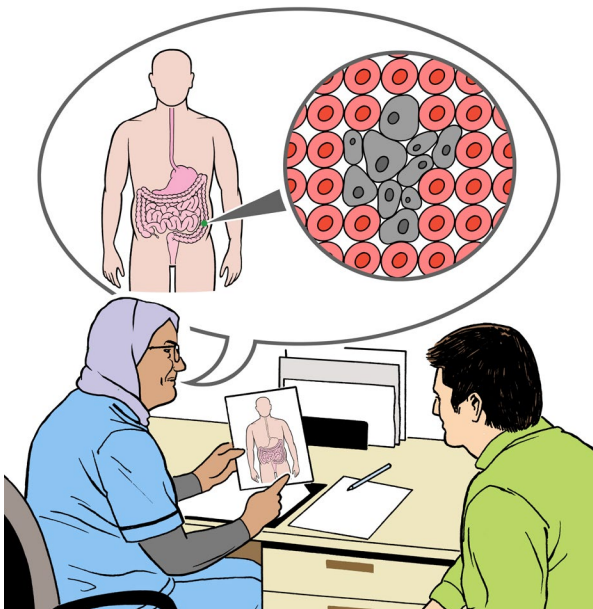
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Symptoms of cervical cancer



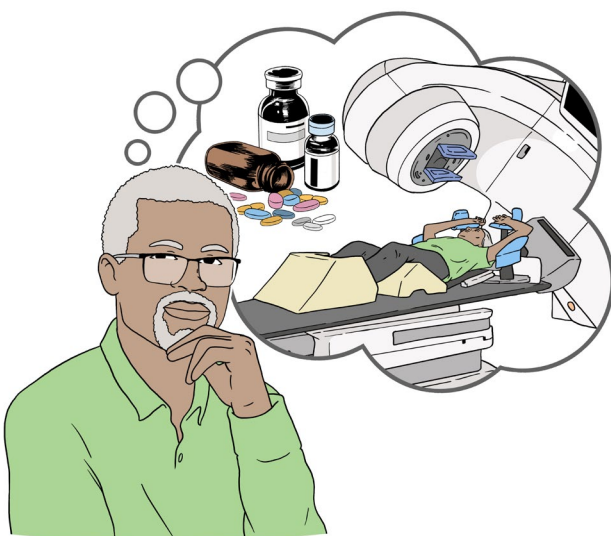
Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy



Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



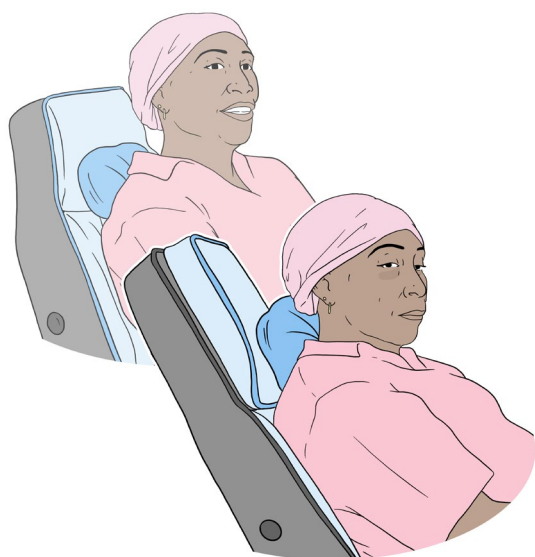
Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



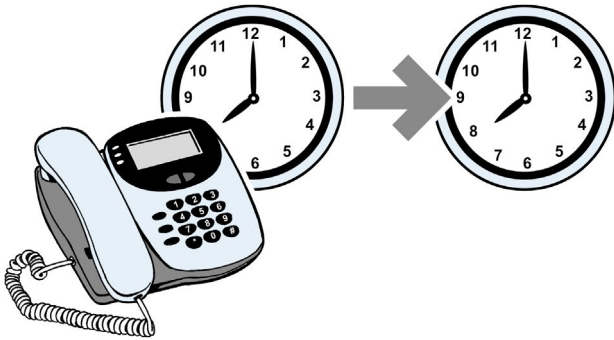
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

This booklet is about prostate cancer.

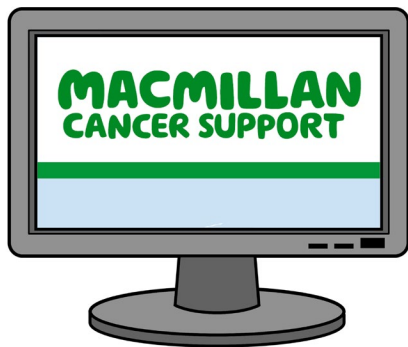
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website:
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC20193_ER_E01 Produced March 2025.

Next planned review March 2028.

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